

Itinerary: Symposium Cum Talk Show: VIII, Organized by Parikrama Students Family, BPKIHS, Dharan supported by Junior Resident Welfare Society and Students' Welfare Society April 25th and 26th : Auditorium Hall, BPKIHS

Day 1

Timing	Event	Delivered by	Masters of ceremony
12:00 PM	Inaguration Ceremony <ul style="list-style-type: none"> • Introduction of the symposium by the MCs • Acknowledgement • National anthem and BP gaan • Lighting the Panas 	Executives of the Institute	Shankar Babu Acharya Pramila Shrestha
12:15 PM	Students perspective on Symposium	Dr. Sweekriti Mukhiya	
12:20 PM	Address by President, SWS and President, JRWS	Mr. Nabraj Dev and Dr. Tarannum Bano	
12:25 PM	Welcome Address By the Convenor	Prof. Dr. Robin Maskey	
12:30 PM	Address by the Dean Academics	Prof Dr. Shivendra Jha	
12:35 PM	Address by the Dean Examinations and Advisor of Parikrama Students Family	Prof Dr. Krishna Pokharel	
12:40 PM	Address by Hospital Director	Dr. Jagat Narayan Prasad	
12:45 PM	Address by Registrar	Prof. Dr. Surya Prasad Sangroula	
12:50 PM	Address by the Officiating Vice Chancellor and Rector	Prof. Dr. Sanjib Kumar Sharma	
12:55 PM	Keynote Speech	Ms. Bhusita Vasistha (Writer, Journalist)	
1:10 PM	Talk	Dr. Swotantra Gautam	
<u>1:20PM – 2:25 PM</u>			
Panel 1			
Digital Well Being: The impact of social media on Mental Health			
Moderator: Ms. Sangeeta Khadka (Psychological Cousellor)			
Speaker 1: Ms. Sajeena Dhungana (Gestalt Psychotherapist)			
Speaker 2: Dr. Sanjeev Kumar Mishra (Associate Professor, Department of Psychiatry, BPKIHS)			
Speaker 3: Dr. Aurindam Banerjee (Intern, BPKIHS)			
Speaker 4: Ms. Mahiyaaa (Physiotherapist, Content Creator)			
<u>2:25 PM – 2:40 PM</u>			
Talk by Mr. Kedar Sharma (Journalist)			
<u>2:40 PM – 3:15 PM</u>			
Refreshments			
<u>3:15 PM – 3:30 PM</u>			
Talk by Mr. Saroj Tamrakar (Educator, Lifeskill coach and Entrepreneur)			
<u>3:30 PM – 4:35 PM</u>			
Panel 2			
Balancing Freedom of Speech and community sentiments: Where should we draw the line			
Moderator: Ms. Bhusita Vasistha (Writer, journalist)			
Speaker 1: Mr. Kedar Sharma (Journalist)			
Speaker 2: Mr. Ganesh Lath (Writer)			
Speaker 3: Mr. Aadarsh Kr. Mishra (Standup Comedian)			

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Day 2

Timing	Event	Delivered by	Masters of Ceremony
9:10 AM – 9:25 AM	Performance	Sahil, Sohail and group	Diwas Lamichhane Prashamsa Gyawali
<u>9:25 AM – 10:45 AM</u>			
Panel 3			
Safeguarding Healthcare: The impact of abuse on workers, healthcare systems and the future workforce			
Moderator: Ms. Srijana Khadka (Health Journalist)			
Speaker 1: Dr. Mangal Rawal (Former Vice Chancellor, Karnali Academy of Health Sciences)			
Speaker 2: Prof. Dr. Bikash Gauchan (Executive director, Provincial General and Communicable Disease Hospital, Gandaki Province)			
Speaker 3: Dr. Bikash Sah (Department of Forensic Medicine and Toxicology, BPKIHS)			
Speaker 4: Ms. Jamuna Bhurtel (Senior Nursing officer, BPKIHS)			
Speaker 5: Ms. Sumana Shrestha (Member of House of Representatives, Nepal)			
<u>10:45 AM – 11:00 PM</u>			
Talk by Prof. Dr. Bikash Gauchan			
<u>11:00 PM – 11:45 PM</u>			
Lunch/ Refreshments			
<u>11:45 AM – 12:00 PM</u>			
Talk by Prof. Dr. Bikash Medhi, Department of Pharmacology, PGI, Chandigarh, India (Innovation, Ethical Consideration, Artificial Intelligence and Humanities and Future Dimention for Medical Graduate)			
<u>12:15 PM – 1:30 PM</u>			
Panel 4			
Chasing dreams: evolving challenges and opportunities in country like ours			
Moderator: Mr. DB Khadka (Executive editor, Swastha Khabar)			
Speaker 1: Ms. Aayushi KC			
Speaker 2: Mr. Lochan Bhattarai (Singer)			
Speaker 3: Dr. Mangal Rawal (Former Vice Chancellor, Karnali Academics of Health Sciences)			
Speaker 4: Mr. Kanchan Rai (Founder, Ghumante)			
<u>1:30 PM – 1:50 PM</u>			
Token of love to all speakers and guests			
<u>1:50 PM – 2:00 PM</u>			
Vote of Thanks by President, Parikrama Students' Family			
5:00 PM			
Workshop on Soft skills by Mr. Saroj Tamrakar, LT/ Auditorium Hall			